

THE LAWRENCE SCHOOL SANAWAR

WEEKLY MENU

Date	07-Sep-26	08-Sep-26	09-Sep-26	10-Sep-26	11-Sep-26	12-Sep-26	13-Sep-26
Day	**Mon**	**Tues**	**Wed**	**Thu**	**Fri**	**Sat**	**Sun**
CHOTA HAAZRI							
Biscuit	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	
Beverage	Tea	Tea	Tea	Tea	Tea	Tea	
BREAKFAST							
Beverage	Hot Milk/ Tea	Hot Milk/ Tea	Hot Milk/ Tea	Hot Chocolate Milk/ Tea	Hot Milk/ Tea	Hot Milk/ Bournvita/Boost/ Tea	Chocolate Shake/ Coffee
Cereals	Choco Kellogg's	Honey Crunch Kellogg's	Muesli		Wheat Flakes Kellogg's	Porridge	
Bread	Toast/ Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread	Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread	Toast/ Brown Bread
Jam/Butter	Peanut Butter/ Mix Fruit Jam/ Butter	Mix Fruit Jam/Butter	Cheese Slice/Mix Fruit Jam/Butter	Mix Fruit Jam/ Butter	Cheese Spread/ Mix Fruit Jam/Butter	Nutella Choco Spread / Mix Fruit Jam/Butter	Mix Fruit Jam/Butter
Main Dish	Baked Beans	Besan Chilla	Pav	Ajwain Paratha	Suji Upma	Poha	Idli
2nd Veg Dish	Toast		Bhaji	Aloo Masala	Veg Fingers	Veg Cutlet	Sambhar
Egg/Sausages	French Toast	Boiled Egg	Omelette		Chicken Sausages/ Egg Bhurji	Omelette	
Dry Fruits		Almonds		Almonds			
Fruit	Banana	Banana	Banana	Banana	Banana	Banana	Banana
Sauce	Tomato Ketchup	Tomato Chutney	Tomato Ketchup	Tomato Sauce	Coconut Chutney	Tomato Sauce	Coconut Chutney
MID MORNING							
Fruit/Snacks	Fruit Cake		Namkeen	Biscuits	Pineapple Pastry	Banana Cake	
Beverage	Tea / Coffee	Juice Packets	Tea / Coffee	Flavoured Milk	Tea / Coffee	Tea / Coffee	
LUNCH							
Rice	Rice	Jeera Rice	Rice	Plain Rice	Rice	Rice	Rice
Indian Bread	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Multi Grain Chapati	Whole Wheat Chapati
Pulses/ Dal	Kadhi Pakora	Lauki Chana Dal	Dal Noor Mahal	Rajma Masala	Dal Panchmel	Maa Ki Dal	Punjabi Rajma
Veg/ paneer	Seasonal Vegetables	Kadai Veg	Matar Paneer	Seasonal Vegetables	Dum Aloo	Veg Diwani Handi	Aloo Baingan
Veg.2/ Conti					Lauki Tamatar		
Non Veg			Kadhi Chicken				
Raita/		Boondi Raita		Curd	Cucumber Raita	Boondi Raita	Curd
Salad	Garden Fresh Salad	Kachumber Salad	Russian Salad	Salad	Salad	Kuchamcer Salad	Papad
Pickle/ Chutney	Pickle	Pickle		Pickle	Pickle	Pickle	Pickle
Fruit/ Dessert	Fruit	Fruit	Ice Cream	Fruit	Fruit	Atta Halwa	Fruit
EVENING SNACKS							
Snacks	Vada Pav	Veg Puff	Samosa	Bun With Herb Chilli	Mushroom Puff	Bun Samosa	Bread Pakoda
Beverage	Tea	Tea	Tea	Tomato Soup	Tea	Tea	Tea
DINNER							
Soup						Sweet Corn Soup	
Rice	Steamed Rice	Kashmiri Pulao	Steamed Rice	Rice	Rice		Rice
Bread	Rognai Roti	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Whole Wheat Chapati	Garlic Bread	Whole Wheat Chapati

Pulses/ Dal/ Veg	Mix Dal	Dal Makhani	Palak Dal	Dal Moong Sabut	Dal Fry	Pasta Rose Marie Sauce	Dal Malka
Veg/ paneer	Paneer Bhurji	Paneer Mathi Malai	Gajar Matar	Soya Paneer Keema	Paneer Butter Masala	Veg Au Gratin	Paneer Lababdar
2nd Veg./ N-Veg/ Conti						Mashed Potato	
Non Veg	Mutton Seekh Kabab				Chicken Korma	Chicken Brown Sauce	Egg Curry
Salad	Salad	Salad	Salad	Salad	Salad		Salad
Fruit/ Dessert	Rice Kheer	Gulab Jamun	Fruit Custard	Atta Halwa	Besan Burfi	Jelly	Chocolate Fudge
COCOA							
Biscuit	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits	Biscuits
Beverage	Horlicks with Hot Milk	Drinking Hot Chocolate	Boost With Hot Milk	Bournvita With Hot Milk	Horlicks with Hot Milk	Bournvita With Hot Milk	Boost With Hot Milk

****** Menu subject to change according to the availability of seasonal vegetable & raw material******